

Activities for Adults

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

ASU to YOU: Coffee, Conversation & the Arts—Join faculty and staff from the Katherine K. Herberger College of Fine Arts for this FREE series that opens the doors for discussion on a wide range of culture-related topics. The 2004-2005 ASU to YOU series tips off with Diversity & Language in Education from 6:30 to 8 pm on Sept. 7 at the TLC Classroom, Tempe Public Library, 3500 S. Rural Road. The series will continue with discussions of The Creative Spirit film series on Oct. 12, Nov. 9, Jan. 11 and Feb. 8. The final topic of the series is The Underground Railroad on March 8. ASU faculty and staff also may be joined by community moderators in these valuable discussions which are sponsored by the Herberger College of Fine Arts, City of Tempe Cultural Services and Friends of the Tempe Public Library. Information: 480-965-6536 or <http://herbergercollege.asu.edu/college/community/asu2you.htm>

Activities at the Tempe Historical Museum-480-350-5100

3rd Thirstday Night Café
Tempe Historical Museum
Free Admission

The museum is presenting a series of monthly programs that run from September through May. The exhibit hall will be open to the public from 6:30 to 8:30pm on the third Thursday of each month. The program will take place at 7pm. Free coffee is served.

Th, 9/16, 7pm: Mark Vinson and Ann Patterson
“Landmark Buildings: Arizona’s Architectural Heritage”
Mark Vinson, Tempe City Architect and Ann Patterson, Tempe-based free-lance writer, will present images from their recently-published Arizona Highways book. The authors will be available to answer questions and sign copies of the book.

Th, 10/21, 7pm
October’s program is still brewing. Call the Museum for details.

Th, 11/18, 7pm: Dean Smith
“Arizona Goes to War”
Tempe historian, Dean Smith shares stories from a recently published book that he coedited about how the World War II years affected Tempe and Arizona.

Th, 12/16, 6:30-8:30pm
Take a few moments to relax during this busy time of year. Come see the museum’s holiday decorations, sip a cup of gourmet coffee and enjoy a cookie.

Tempe Historical Society’s Speakers’ Program
Tempe Historical Museum classroom
480-350-5100
Bring your lunch and hear interesting speakers. There is no admission charge for these programs. Coffee is provided.
Wed, 10/13, 11:30am-1pm
Wed, 11/10, 11:30am-1pm

Petersen House Endowment Fundraising Raffle
Sat, 10/23, 2pm
Tempe Historical Museum lobby
The drawing for prizes will be made. Proceeds benefit Petersen House education programs. Raffle tickets may be purchased in the Tempe Historical Society Gift Shop at the Tempe Historical Museum.

Tempe Symphony Orchestra Auditions
Auditions for the 2004-2005 Tempe Symphony Orchestra season are at 7:30 pm Aug. 27 at Arizona State University’s Gammage Auditorium (Room 311), 1200 S. Forest Ave. The first rehearsal is on Aug. 30. The Symphony is looking for 20 first violins, 20-second violins, 12 violas, 12 cellos and 5 string basses (or more). Information: Carl White, 480-786-6778.

Classes-Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.

Ceramics Classes & Open Studio 480-350-5287

All Ceramics students must bring Cone 10 clay and required supplies to the first class. For a list of required materials and ceramics supply locations, visit www.tempe.gov/arts or the Vihel Center main office.



Pottery Club—Enjoy a leisurely morning of hand building and throwing on the wheel. All skill levels welcome to attend this self-paced class. Instruction is provided. Fee: \$56.
APCA-1D Adult W 9/15-11/3 9am-Noon VIHIL

Ceramics Survey—Beginning pottery class that focuses on hand building, an introduction to throwing and glazing techniques. Fee: \$80.
ACEA-1D Adult T 9/14-11/2 6:30-9:30pm VIHIL

Ceramics II—Pre-requisite: Ceramics Survey. A combination of throwing and hand building for continuing students. Explore surface decoration and slip techniques. Students select projects with instructor approval. Fee: \$80.
ACEA-3D Adult Th 9/16-11/4 6:30-9:30pm VIHIL

Throwing I—Pre-requisite: Ceramics Survey. This class is designed to introduce skills for the potter’s wheel through a series of structured drills and projects. Activities also include glazing. Fee: \$80.
ACEA-2D Adult M 9/13-11/1 6:30-9:30pm VIHIL

Throwing II—Pre-requisite: Throwing I. Class focus is the creation of a variety of styles and shapes as well as an exploration of glazing techniques. Also, self-directed projects with instructor approval. Fee: \$80.
ACEA-4D Adult W 9/15-11/3 6:30-9:30pm VIHIL

Ceramics Open Studio—Participants must be currently enrolled in a Tempe Ceramics class to buy an 8-punch card for Open Studio. No instruction provided. Glazes, electric wheel and firing are provided for pieces created during Open Studio. Card enables the participant to choose eight 3-hour sessions from the dates and times listed below. Register for either session, then pick up your card at your first regular class. Fee: \$50.
AOSA-1D Adult Tu 9/16-11/4 9am-Noon VIHIL
AOSA-2D Adult Sa 9/18-11/6 1:30-4:30pm VIHIL

Visual Arts 480-350-5287

Basic Beading Class 480-350-5201—Participants will learn about the tools and materials they need to make their own basic jewelry, as well as how to finish it off with crimps and clasps. Each student will be able to make and keep a necklace and a pair of earrings. All materials provided. Fee: \$27.
KBBC-1D 18yrs+ Sa 9/25 10-12:30pm KRC

Knitting; Beginner 480-350-5201—Knitting is a fun, popular and easy handcraft to learn. This class will introduce you to basic knitting stitches, tools and pattern reading. Learn a relaxing and productive skill that you can enjoy for years to come. Fee includes all supplies: knitting instructional book, knitting needles and yarn. Fee: \$51.
KKNT-1D 16yrs+ Sa 10/16 9am-12pm KRC

Sewing Basics 480-350-5201—Do you have a sewing machine that you would like to put to use? **New!** This 3 session class will provide an introduction to basic machine sewing. Session 1: mastering your sewing machine, Session 2: Sewing notions and techniques, Session 3: Sewing project. Need to bring sewing machine and manual to class. Supply list will be handed out at the first class. Fee: \$34.
KSEW-1D 17yrs+ Sa 9/25-10/9 1-4pm KRC

Snowflake Sun Catchers 480-350-5201—Learn how to use beach glass, wire and beads to create beautiful snowflakes that can be used as ornaments, window hangings and gifts. All materials provided and you will even get to take home a set of jigs so that you can continue to make more snowflakes at home! Fee: \$27. **New!**
KSSC-1D 18yrs+ Sa 11/20 10am-12:30pm KRC

Drawing & Sketching—Basic course designed for all skill levels that focuses on various techniques and media, with an emphasis on learning “to see.” For materials list, visit www.tempe.gov/arts or the Vihel Center main office. Cost of materials approximately \$15. Bring pencils, paper and eraser to first class. Fee: \$41.
ADSA-1D Adult M 9/13-11/1 6:30-9:30pm VIHIL

Oil & Acrylic Painting—Basic course emphasizing composition, color theory, techniques and subject matter. Estimated cost of materials is \$75. For materials list, visit www.tempe.gov/arts or the Vihel Center main office. Bring materials you currently have to first class. Fee: \$41.
AOAA-1D Adult T 9/14-11/2 6:30-9:30pm VIHIL

Colored Pencil Drawing—Class explores the properties of color and drawing techniques as applied to the colored pencil medium, moving from basics to more expressive projects. For materials list, visit www.tempe.gov/arts or the Vihel Center main office. Fee: \$41.
ACPA-1D Adult W 9/15-11/3 6:30-9:30pm VIHIL

Floral Design Holiday Workshop—Learn to make holiday arrangements — wreaths, swags, centerpieces and bows! Participants provide materials for selected projects at second class. 2 weeks: 10/21 and 10/28. Fee: \$14.
ABFA-1D 12yrs+ Th 10/21-10/28 7-9 pm VIHIL

Jewelry and Metalsmithing 480-350-5287

For a list of suggested materials and jewelry supply retailers, visit www.tempe.gov/arts or the Vihel Center main office. Safety glasses are required for students in all jewelry classes and must be brought to the first class.

Jewelry I—A course for beginners. No previous experience necessary. Learn how to use a jeweler’s saw and file, and finish metal with silver solder. Work with silver, copper and brass in sheet and wire form. Supply costs vary depending on materials and tools needed; approximate cost is \$75. Fee: \$60.
AMTA-1D Adult Sa 9/18-11/6 1-3:50pm PAC

Enamelling—This class will focus on the traditional techniques of fusing glass to metal. Beginners and intermediate students welcome. Emphasis will be placed on creating sifted color fields, patterning and the rendered image in glass. Techniques will be taught on a two-dimensional surface. Students may incorporate their projects into finished jewelry or wall-pieces. Supply costs will vary depending on materials and tools needed; approximate cost is \$50. Fee: \$56. **New!**
AMTA-2D Adult Th 9/16-11/4 6:30-8:50pm PAC

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Jewelry II-Jewelry I or equivalent experience necessary. This is a studio-oriented course with some advanced techniques demonstrated: stone setting, fabrication and surface embellishment. Use this time to finish pieces already started or to create new ones. Supply costs will vary depending on materials and tools needed. Fee: \$60.

AMTA-3D Adult Sa 9/18-11/6 9:15-Noon PAC

Casting-Jewelry I or equivalent experience necessary. This course will cover the basics of lost wax casting. Participants will learn about working with wax, mold making and finishing cast pieces. Other low-tech methods of casting will be demonstrated, such as cuttlebone casting and tufa stone casting. Supply costs will vary depending on materials and tools needed. Fee: \$56.

AMTA-4D Adult M 9/13-11/1 6:30-8:50pm PAC

Jewelry Open Studio-PREVIOUS EXPERIENCE REQUIRED. For safety, only experienced participants are eligible. Must be currently enrolled in a City of Tempe jewelry class, or have completed a Tempe jewelry class within the last year. No instruction provided. Fee: \$53.

AMTA-5D Adult T 9/14-11/2 6:30-8:50pm PAC

Wire Wrapped Jewelry; Beginning 480-350-5201-Participants will learn about the tools, materials and strategies necessary to make basic wire-wrapped jewelry. Each student will be able to make and keep a wire-wrapped bracelet or anklet. All materials provided. Fee: \$27.

KWWJ-1D 18yrs+ Sa 10/9 10am-12:30pm KRC

Wire Wrapped Jewelry; Intermediate 480-350-5201-Learn valuable new skills to add to your knowledge of wire-wrapped jewelry. Learn how to make your own findings and how to incorporate new techniques into your wire-wrapped designs. Prerequisite: Beginning Wire Wrap. All materials provided. Fee: \$27.

KWWJ-2D 18yrs+ Sa 10/23 10am-12:30pm KRC

Wire Wrapped Pendants 480-350-5201-Take your jewelry making to a new level! Learn how to create a variety of pendants, including bails, free-form pendants, marble cages and wire-wrapped cabochons. Prerequisite: Beginning Wire Wrapped Jewelry Class. Also recommend taking Intermediate Wire Wrapped Jewelry Class prior to learning about pendants. All materials provided. Fee: \$27.

KWWP-1D 18yrs+ Sa 11/6 1pm-3:30pm KRC

Creative and Performing Arts 480-350-5287

Improvisational Comedy-Do you enjoy shows like *Saturday Night Live* and *Whose Line Is It Anyway?* Get off the couch and into the act! Learn the basics of unscripted performance through improv games, storytelling and scene work in a supportive, structured environment. No improv or acting experience is necessary. Fee: \$29.

CAIA-1D Adult Tu 9/14-11/2 7-8:50pm PAC

CAIA-2D Adult Th 9/16-11/4 7-8:50pm VIHEL

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Writers' Workshop-This class at the ASU Art Museum offers adults the opportunity to develop their skills in prose and poetry while using artworks for inspiration. The exhibit "Democracy in America" has been designed to complement the political debates at ASU this fall. It will provide potential food for thought and in-class exercises, but writers are welcome to explore any topic. (FREE parking at ASU Art Museum.) Fee: \$30.

AAWA-1D Adult Tu 9/14-11/2 7-8:30pm ASU

Dance & Music 480-350-5287

Elements Amazing Electronic Piano-Keyboard Program-Learn keyboard skills on real songs you know and love! This program uses brilliantly conceived visual tools that show students how music works. **Level 1:** you will learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. You will be playing a favorite song after just one lesson. **Level 2:** You will learn to read music on the bass clef in a grand staff format. After completing both levels you will be able to buy a piece of sheet music read the notes and play it! Keyboards are provided to each student for classroom use; all music materials are included at no extra charge. For more information call Elements Music at 623-933-0681. Fee: \$110.

Level 1

MKBY-9D 13-99yrs Th 9/16-11/4 6-7pm PAC

MKBY-11D 13-99yrs Sa 9/25-11/13 3:30-4:30pm CRC

Level 2

MKBY-12D 13-99yrs Th 9/16-11/4 7:15-8:15pm PAC

Ballroom Dance I-Come foxtrot gracefully around the floor to Big Band music. Glide smoothly to waltz music, learn the romantic rhumba, merengue and more. Register with a partner. Fee: \$32 per person.

DSAA-1D Adult M 9/13-11/1 6:30-7:25pm VIHEL

Ballroom Dance II-Must also register for Ballroom Dance I. Continue practicing your skills in a variety of ballroom dance styles. Register with a partner. Fee: \$8 per person.

DSAA-2D Adult M 9/13-11/1 7:30-7:55pm VIHEL

Ballroom Tango and Hustle-Learn two of today's hottest dances. Enjoy the creativity, playfulness and freedom of the New York Hustle and experience the beautiful and passionate Argentine tango. Register with a partner. Fee: \$32 per person.

DSAA-3D Adult W 9/15-11/3 8:30-9:25pm NSA

Belly Dance I-This beginning class introduces you to belly dance moves and music. Learn the exotic way to exercise and have fun with Samia. Fee: \$28.

DBDA-1D 12yrs+ W 9/15-11/3 6:30-7:25pm VIHEL

Belly Dance II-This intermediate class focuses on more advanced movements and dances. Includes veil and floor work and new zil patterns. Fee: \$28.

DBDA-2D 12yrs+ W 9/15-11/3 7:30-8:25pm VIHEL

Belly Dance III-Advanced performing class. Work on polishing and perfecting your performance skills while adding moves and dancing to Middle Eastern music. Fee: \$28.

DBDA-3D 12yrs+ W 9/15-11/3 8:30-9:25pm VIHEL

Dance-Wedding Survival 101-A 4-week crash course for brides and grooms and members of the wedding party. Learn to move to slow and fast music. Bring a CD of your special song for practice. Register with partner. Fee: \$24 per person.

DWSA-1D Adult W 9/15-10/6 7:30-8:20pm NSA

DWSA-2D Adult W 10/13-11/3 7:30-8:20pm NSA

Guitar-Beginning-Get to know, tune and care for your guitar. Class will teach you basic scales, chords and strumming. Play songs while learning about different types of music. Must provide own guitars (acoustic or electric without amps). Beginning songbook included in class price. Fee: \$42.

MGYA-1D 14yrs+ T 9/14-11/2 6-7:25pm VIHEL

MGYA-2D 14yrs+ T 9/14-11/2 7:30-8:55pm VIHEL

Guitar-Intermediate-Pre-requisite: Beginning Guitar. For those who love to play guitar and have knowledge of basic chords. In this class you will learn more bar chords, performance styles and songs. Students must provide own guitars. Intermediate songbook included in class price. Fee: \$45.

MGYA-3D 14yrs+ M 9/13-11/1 6-7:25pm NSA

Latin Dance I-Experience Latin dancing! Come learn various Latin dances such as the Cha-Cha, Rhumba, Mambo, Samba, Meringue and Salsa. Register with a partner. Fee: \$32 per person.

DLAA-1D Adult M 9/13-11/1 8-8:55pm VIHEL

Latin Dance II-Must also register for Latin Dance I. Continue to learn by working on more advanced variations of various Latin dance styles. Register with a partner. Fee: \$8 per person.

DLAA-2D Adult M 9/13-11/1 9-9:25pm VIHEL



Line Dance Beginning-This is a perfect class for the beginner who would like to learn at a slower pace. Focus is on form, technique and terminology. Partner not required. Fee: \$26.

DLDA-1D Adult Tu 9/14-11/2 5:30-6:25pm VIHEL

Line Dance Easy Intermediate-A great class to learn patterns and rhythm for Social or Line Dance. Partner not required. Fee: \$26.

DLDA-2D Adult Tu 9/14-11/2 6:30-7:25pm VIHEL

Line Dance Intermediate/Advanced-Pre-requisite: Line Dance Beginning. For those who love to dance and have previous experience, this class presents continued learning and challenges. Partner not required. Fee: \$32.

DLDA-3D Adult Tu 9/14-11/2 7:30-8:55pm VIHEL

Swing I-Learn to dance the latest moves to a variety of rhythms. Whether you call it Jive, Jitterbug, Lindy, East Coast or West Coast, come have a swinging good time. (Tennis shoes or athletic shoes only, no black-soled or street shoes.) Register with a partner. Fee: \$32 per person.

DSWA-1D Adult Th 9/16-11/4 7:30-8:25pm PAC

Swing II-Must also be registered for Swing I. An extended session for experienced dancers. Register with partner. Fee: \$8 per person.

DSWA-2D Adult Th 9/16-11/4 8:30-8:50pm PAC

Tribal Fusion Dance-A low-impact aerobic dance combining old style, ethnic belly dance, modern cabaret belly dance and Rom (gypsy), ballet and yoga. Fee: \$32.

DMFA-1D Adult Th 9/16-11/4 7-8:25pm VIHEL

Adult Tap-A beginning class to learn basic tap steps and work on a new dance routine. Lots of fun and good exercise! Fee: \$26.

DTAA-1D Adult T 9/14-11/2 6-6:50pm PAC

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Activities for Adults

Health, Exercise & Sports Classes (480) 350-5200

Adult Fitness-Meet new people and feel great while working out in our fitness center. 8 weeks: 9/13-11/3. Fee: None.

ZFIT-1D 18+yrs M/W 11am-Noon ESCA

Holiday Adult Fitness-Get a jump start on one of your New Year's resolutions and join our fitness club. You will receive equipment orientation and access to our free fitness facility. 4 weeks: 11/15-12/15. No class 11/22 & 11/24. Fee: None.

ZHAF-1D 18+yrs M/W 11am-Noon ESCA

Exercise, Core Training with Body Balls & Aerobic Bars-Take your fitness training to the next level in this exciting new class! You will develop core strength while improving your flexibility, balance and endurance using body balls and aerobic bars. (9 sessions) Instructor: LuAnne. Fee: \$21.

ECTB-1D 16yrs+ W 9/15-11/10 6:30-7:25pm PAC

Exercise, Low Impact Aerobics-480-350-5200-Reduce impact stress on injury prone areas of the body while maintaining or improving cardiovascular conditioning. Low impact does not mean low intensity, nor is this a non-impact class in which neither foot ever leaves the floor. Students must provide own small rug or mat. Instructor: Takiya (16 sessions). Fee: \$38. *No class 10/21.

EALM-1D 16yrs+ T/Th 9/14-11/4 5:35-6:25pm PAC

Exercise, Step Aerobics-480-350-5200 A high energy, low impact cross training program which includes step work, weight training and abdominal exercises. Prior step experience helpful. Steps provided. Instructor: Amin (16 sessions). Fee: \$38. *No class 10/21.

EASM-1D 16yrs+ T/Th 9/14-11/4 6-6:50pm PAC

Exercise, Body Sculpt-480-350-5200 Through a series of non-aerobic exercises, using gravity, hand-held weights and resistance equipment such as elastic bands, you will gain specific muscle conditioning, building strength, endurance and flexibility. Build strong bones, enhance breathing/circulation, tone muscles and relax your mind and heart. Instructor: M/W Tanya, T/Th Takiya (16 sessions). Fee: \$38. *No class 10/21.

EBSM-1D 16yrs+ M/W 9/13-11/3 6-6:50pm PAC

EBSM-2D 16yrs+ T/Th 9/14-11/4 6:30-7:20pm PAC

Exercise, Total Body Conditioning-480-350-5200 It's not just cardio-conditioning and it's not just muscle toning; it's both. Class focuses on concentrated complete fitness work. Instructor: Aminah (16 sessions). Fee: \$38.

ETBM-1D 16yrs+ M/W 9/13-11/3 5:35-6:25pm PAC

HOLIDAY MINI-EXERCISE:

*No class 11/11, 11/25 & 11/26

Exercise, Core Training with body balls and aerobic bars

ECTB-2D 16yrs+ W 11/17-12/15 6:30-7:25pm \$16 PAC

Low Impact

EALM-2D 16yrs+ T/TH 11/9-12/16 5:35-6:25pm \$24 PAC

Body Sculpt

EBSM-3D 16yrs+ M/W 11/8-12/15 6:00-6:50pm \$28 PAC

EBSM-4D 16yrs+ T/TH 11/9-12/16 6:30-7:20pm \$24 PAC

Step Aerobics


EASM-2D 16yrs+ T/Th 11/9-12/16 6-6:50pm \$24 PAC

Total Body Conditioning

ETBM-2D 16yrs+ M/W 11/8-12/15 5:35-6:25pm \$28 PAC

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Discover Scuba-See complete description in Outdoor Recreation section, p. 10.

De-Stress for the Holidays 480-350-5201-Yoga  instructor Desiree Lewis will guide you through a series of Hatha Yoga Asanas (poses) and a Relaxation/Meditation session in this 2 hour workshop. She will discuss the benefits of yoga and meditation and help you to find the style of yoga that will be most beneficial to you. Her passion for yoga is contagious. Don't miss this journey into your soul. Fee: \$23.

KYGW-2D 16yrs+ Sa 12/18 8:30-10:30am KRC

Fore! Golf Instruction-480-350-5200-Fundamentals of golf: grip, stance, chip shots, full swings, rules, etiquette, putting and use of the driving range. All equipment will be provided. Fee: \$40.

EFOA-3D 18yrs+ T 10/19-11/9 4-5pm KMGC

EFOA-4D 18yrs+ W 10/20-11/10 4-5pm KMGC

In-Line Skate Classes-From the complete beginner to those who would like to enhance their skill, take the fear out and be "in control", let sk8right instructors show you how to get the most out of your skating. Lesson sequence consists of 4 levels designed to develop participant skills, from beginner to advanced. Although you may enter at any level, we highly recommend all novice or untrained skaters enter at Beginning level 1. Skates and protective gear will be provided or you may bring your own. Bring a water bottle and wear comfortable weather appropriate clothing. Fee: \$54.

Beginning Level 1:

GISK-1D 15yrs+ Su 10/10-10/24 8-9am KRC

GISK-2D 15yrs+ M 11/8-11/22 5-6pm KRC

Beginning Level 1 & 2 Beginning & Advanced Beginning

GISK-3D 15yrs+ Su 11/7-11/21 9-10am KRC

Advanced Level 3

GISK-4D 15yrs+ Su 12/5 & 12/12 10-11:30am KRC

Jujitsu 480-350-5201-Learn a Jujitsu System that was used by feudal police of the Samurai Era. This class will focus on basic concepts, such as joint locks, throwing, choking, blocking, striking, pinning, ground fighting and nerve center manipulation. No prior martial art training is needed. Class meets on Thursday and Sunday.

KJUJ-5D 15yrs+ Th 9/2-9/30 8-9:30pm KRC \$40

KJUJ-6D 15yrs+ Su 10/3-10/31 2-3:30pm KRC \$40

KJUJ-7D 15yrs+ Th 11/4-11/28* 8-9:30pm KRC \$30

KJUJ-8D 15yrs+ Su 12/2-12/12 2-3:30pm KRC \$20

KJUJ-8D 15yrs+ Th 12/2-12/12 8-9:30pm KRC \$20

KJUJ-8D 15yrs+ Su 12/2-12/12 2-3:30pm KRC \$20

*No class on 11/11 or 11/25.

Kick Aerobics-This class blends the cardio training and toning of traditional aerobics with the added spice of kickboxing techniques and routines. 8 weeks: 9/14-11/4. Fee: \$16.

ZAER-1D 16+yrs T 5:30-6:30pm ESCA

ZAER-2D 16+yrs Th 5:30-6:30pm ESCA

Holiday Kick Aerobics-Kick away those unwanted Holiday calories. Our innovative aerobics class blends the cardio training and toning of traditional aerobics with the added spice of kick boxing techniques and routines. 4 weeks: 11/16-12/16. No class 11/23 & 11/25. Fee: \$8.

ZHKA-1D 16yrs+ T 5:30-6:30pm ESCA

ZHKA-2D 16yrs+ Th 5:30-6:30pm ESCA



Martial Arts, The American Kenpo System-A Proven self defense system that teaches citizens how to deal with the threats of today's potentially violent encounters. The principles taught focus on the natural functionality and mechanics of the human body and are explained through physics and geometry. Emphasis is placed on environmental awareness, proper anatomical alignment, mass engagement and the perpetuation of energy. The basis of martial action is founded on each individual's moral and ethical code and with this established the student learns to fully engage the mind to effectively meet the objectives of personal peace protection. It is the goal of the American Kenpo teacher to propel each student to his or her fullest potential, to strengthen self-confidence and to perpetuate the martial way that has for centuries taken its practitioners to new heights of character and purpose in life. Fee: \$40 Adult; \$20 Youth.

EKAM-7D 13yrs+ Sa 9/25-12/11 8:30-9:55am CRC

Martial Arts, Judo 480-350-5200-An Olympic sport, Judo is a form of grappling, throwing and self defense. Techniques are indicative to many styles of Jujitsu. Traditional martial arts for beginning and intermediate students. Sweats recommended. Fee: Adult-\$40; Youth-\$20.

EJUM-1D 13yrs+ M 10/11-12/20 7-8:30pm LIBR

EJUM-2D 13yrs+ Sa 10/16-12/18 10-11:30am CRC

Karate 480-350-5201-Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35 (required). New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees).

KKAR-5D 15yrs+ T/Th 9/2-9/30 6-7:30pm KRC \$50

KKAR-6D 15yrs+ T/Th 10/5-10/28 6-7:30pm KRC \$50

KKAR-7D 15yrs+ T/Th 11/2-11/30* 6-7:30pm KRC \$50

KKAR-8D 15yrs+ T/Th 12/2-12/16 6-7:30pm KRC \$25

*No class on 11/11 or 11/25.

Martial Arts, Karate 480-350-5200-Join this traditional martial arts class for beginning and intermediate students. Wear comfortable clothing, sweats are recommended. Fee: Adult \$40; Youth \$20.

EKAM-1D 13yrs+ Sa 10/16-12/18 11:35am-1pm CRC

Martial Arts of the Peaceful Warrior 480-350-5200-This system of self-defense is based on the principles of jujitsu, karate, aikido and street defensive techniques. Emphasizes the importance of non-violence. Family participation is encouraged. Fee: Adult \$31; Youth \$18.

EKAM-3D 6yrs+ Sa 9/25-11/13 1:00-2:20pm PAC

EKAM-4D 6yrs+ Sa 9/25-11/13 2:25-3:50pm PAC

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Martial Arts, Advanced 480-350-5200-Fee: Adult \$31; Youth \$18. Permission of instructor required.
EKAM-5D 8yrs+ Th 9/23-11/18 7-8pm LIBR

Martial Arts, Self Defense-For Women Only 480-350-5200-Learn how to protect yourself using attitude awareness and ability to develop practical ways to reduce your vulnerability to crimes such as rape and assault. Fee: Adult \$31; Youth \$18.
EKAM-6D 16yrs+ W 9/22-11/10 6:30-8pm LIBR

Meditation, Introduction-480-350-5200-Learn techniques you can use to bring calmness and clarity into your life and relationships using your own mental energy. Fee: \$42.
GMED-1D 16yrs+ W 9/15-12/15 5:30-6:30pm CRC

Meditation, Zen-This is a structured classical Zen meditation session using kōne study and meditative techniques. Traditional and modern methods are taught in this class. Fee: \$42.
GMED-2D 16yrs+ W 9/15-12/15 8:00-9:00pm CRC

Park Walk-Take a walk in various Tempe parks. Take your first step to a healthier lifestyle. 8 weeks: 9/15-11/3. Fee: None.
ZPWK-1D 18yrs+ W 9-10:30am ESCA

Holiday Park Walk-This is a great way to help shed some of those Holiday calories. Discover the beauty of your neighborhood parks. 4 weeks: 11/17-12/15. No class 11/24. Fee: None.
ZHPW-1D 18yrs+ W 9-10:30am ESCA

Pilates/Mat Science with Desiree Lewis 480-350-5201-Join us for a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The exercises are derived from pilates, yoga, dance and sports rehab conditioning. The focus is on mindful movement, core stabilization techniques and unified body movements. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KPLT-1D 16yrs+ W 9/8-11/3 6:15-7:15pm KRC
KPLT-2D 16yrs+ Th 9/9-11/4 9-10am KRC

Pilates/Mat Science; Intermediate with Desiree Lewis 480-350-5201-If you are ready to take your pilates based mat class to the next level, join us for intermediate matwork. This progressive series of exercises will improve your strength, flexibility and balance. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KPLT-3D 16yrs+ T 9/7-11/2 9-10am KRC

Pilates Workshop 480-350-5201-Join us for an introduction to Pilates matwork followed by a class using the Pilates Magic Circle. Pilates matwork incorporates a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The focus is on mindful movement, core stabilization techniques and unified body movements. Fee: \$23.
KPLT-4D 16yrs+ Sa 10/9 8:30-10:30am KRC

Relaxation Workshop 480-350-5201-Join us for a morning of peace and quiet to soothe your soul. Yoga instructor Desiree Lewis will guide you through a series of meditation techniques in this tranquil 2 hour workshop. This relaxing class will cover breathing techniques, guided visualizations, yoga nidra and progressive relaxation. Fee: \$23.
KYGW-1D 16yrs+ Sa 11/6 8:30-10:30am KRC

Tai Chi Level 1 480-350-5200-Internal system to increase self-awareness, self-confidence and balance. Slow meditative movements teach internal focus and reduce stress levels. Fee: \$49.
ETCA-1D 18yrs+ M 9/13-12/13 6:30-8pm KRC
ETCA-2D 18yrs+ M 9/13-12/13 8:05-9:35pm KRC

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



Tai Chi Level 2 480-350-5200-For participants with previous T'ai Chi experience. ***No class 11/11 & 11/25 (12 wks)** Fee: \$43.
ETCA-3D 18yrs+ Th 9/16-12/16 5:30-7pm CRC

Tai Chi Level 3 480-350-5200-For students who have completed Level 2. ***No class 11/11 & 11/25 (12 wks)** Fee: \$43
ETCA-4D 18yrs+ Th 9/16-12/16 6:30-8pm CRC

Yoga, Introduction-This class will help you get started. Learn what equipment you need and what you can use from around the house rather than making costly purchases. You will learn a basic warm-up routine, basic beginning level sun salutation and you will learn a new Asana (posture) each class session. Fee: \$31.
EYOM-1D 16yrs+ M 9/13-11/1 5:30-6:25pm KRC

Yoga Level 1-Ancient science bringing mind and body together. Students and instructors work toward goal through the systematic exercising and conditioning of physical body. Body becomes more flexible, muscles toned; concentration and coordination are steadily improved. ***No class 11/11, 11/25 & 11/26. *No class 10/28.**
EYOM-2D 16yrs+ M 9/13-12/13 5:00-6:25pm \$53 CRC
EYOM-3D 16yrs+ M 9/13-12/13 6:30-7:55pm \$53 CRC
EYOM-4D 16yrs+ T 9/14-12/14 5:30-6:55pm \$53 CRC
EYOM-5D 16yrs+ W 9/15-12/15 10:30am-Noon \$53 PAC
EYOM-6D 16yrs+ Th 9/16-12/16 7-8:30pm \$45 ESCA
EYOM-7D 16yrs+ F 9/17-12/17 10:30-Noon \$49 KRC

Yoga, Level 1 & 2-Combined level classes ***No class 11/11, 11/25 & 11/26.**
EYOM-8D 16yrs+ T 9/14-12/14 11:30am-1pm \$53 HH
EYOM-9D 16yrs+ TH 9/16-12/16 11:30am-1pm \$53 HH

Hatha Yoga with Desiree Lewis 480-350-5201-This eclectic yoga class takes you through a series of static postures that will increase your strength, flexibility and balance. The smooth transitions of this class allow you to detach and move inside yourself for a truly meditative experience. Desiree offers variations and modifications of the postures to allow students of all levels to work at their ability. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KYOG-1D 16yrs+ T 9/7-11/2 10-11am KRC
KYOG-2D 16yrs+ Th 9/9-11/4 10-11am KRC

Yoga/Pilates Combo with Desiree Lewis 480-350-5201-Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KYPG-1D 16yrs+ W 9/8-11/3 5-6pm KRC

Yoga, Yin & Restorative-End your long hectic week with a slow, long holding, supported practice targeting the connective tissue of the hips, pelvis and lower spine. You will leave feeling renewed and refreshed. ***No Class 11/26.**
EYOM-10D 16+yrs F 9/17-12/17 5:30-6:55pm \$49 CRC

Yoga Level 2-Deepen your practice, increasing your strength, flexibility, breath and focus. Practice more advanced poses and their variations with modifications for all skill levels. Strength & flexibility not a prerequisite. ***EYOM-12D 12 sessions, late start date.**

EYOM-11D 16yrs+ T 9/14-12/14 7-8:30pm \$53 CRC
EYOM-12D 16yrs+ M 9/27-12/13 7:00-8:30pm \$45 PAC

Yoga for the Larger Body-Have you been planning to start a fitness routine to reduce stress and renew energy but feel out of place in a regular yoga class? Join us to learn to stretch and develop strength in a gentle, You oriented way. Modifications for all skill and fitness levels. Strength and flexibility is not a prerequisite. Fee: \$53.
EYOM-13D 16yrs+ W 9/15-12/15 6:00-7:30pm WCC

Yoga, Multi-Level-A class with something for everyone, from the beginner to the more advanced. Variations will be taught according to the level of each student. Fee: \$53.
EYOM-14D 16+yrs T 9/14-12/14 7:25-8:55pm PAC

YOGA WORKSHOPS:

Parent/Child-Would your child like to come to Yoga with you? This is your chance to join Marcene in this parent/child workshop. Breathing and fun poses will help kids channel their energy and focus their minds. Fee: \$15 (1 Adult, 1 child)
EYOM-15D 6yrs+ Sa 11/13 Noon-2pm LIB

Partner Yoga-Register with a spouse, friend, brother, sister, or office buddy. Perfect for anyone interested in fitness, releasing tension and having a good time. Bring your own sticky mat. Fee: \$10/per person. Instructor: Marcene Alvey
EYOM-16D 16yrs+ Sa 10/9 Noon-2pm LIB
EYOM-17D 16yrs+ Sa 11/20 Noon-2pm LIB

Pre-Natal Yoga-Learn gentle, supported poses and breathing techniques to relax, decrease anxiety and increase focus. Prepare yourself physically, mentally and emotionally for birth. You will need a Dr.'s release to participate. Instructor: Marcene Alvey Fee: \$10.
EYOM-18D 16yrs+ Sa 10/23 Noon-2pm LIB

Yoga, Qigong-480-350-5200-Chinese style yoga combines gentle movement, meditation and breath regulation to enhance the body's energy flow. Cultivates inner strength, calms the mind and restores the body's natural state of health. Practiced at any age regardless of physical ability. Gentler exercise than Tai-Chi & Yoga, but equally powerful benefits. Fee: \$30.
ECGM-1D 16yrs+ W 9/15-12/8 6:45-7:45pm CRC

Weight Management through Hypnosis-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear sweats and bring a pillow to class. Fee: \$75.

GWMH-1D 18yrs+ M 9/20-10/25 7-8:30pm PAC
GWMH-2D 18yrs+ M 11/8-12/13 7-8:30pm PAC

Personal Health and Wellness

Ayurveda: The Science of Life 480-350-5201-Join Desiree Lewis for an introduction to Ayurveda. Ayurveda is based on the principle that every individual person has a unique constitution. Determine your dosha and then learn what lifestyle choices including food, exercise and daily routines will help to keep your constitution balanced. When you are in balance you will feel healthy and vital, inside and out. Fee: \$20.

KAYU-1D 18yrs+ Sa 11/6 11am-12:30pm KRC

Back To School, Healthy Lunches 480-350-5201-Learn to make healthy lunches and snacks for your child every day of the week. Children welcome to attend with parent. Taught by a Registered Dietician. Fee: \$16.
KLUN-1D 18yrs+ Sa 9/18 10-11am KRC

Activities for Adults

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Anxiety and Depression 480-350-5201-This is a **New!** chronic degenerative disease that is on the rise in this country, especially with women. Find out the cause of depression and anxiety and be empowered to take control of your health. Taught by Jane Hendricks N.M.D. Fee: \$5.
KAAD-1D 18yrs+ Sa 11/20 10am-12pm KRC

Obesity 480-350-5201-If you are overweight and have struggled with dieting, this is the class for you! **New!** Find out the two underlying causes of being overweight and why it is affecting nearly half of the American population. Parents of children who are overweight can find out how to help their kids reach optimal body fat with delicious foods. Taught by Jane Hendricks N.M.D. Fee: \$5.
KOB-1D 18yrs+ Sa 11/6 10am-12pm KRC

Abundant Health 480-350-5201-Learn the cause of disease and the stages of degeneration. Move beyond maintenance and live a rich quality of life. Taught by Jane Hendricks N.M.D. Fee: \$5. **New!**
KAHE-1D 18yrs+ Sa 10/23 10am-12pm KRC

Heart Healthy Living 480-350-5201-Learn heart healthy eating habits along with the difference between good and bad cholesterol and how to properly read a food label. Taught by a Registered Dietitian. Fee: \$16.
KHHL-1D 18yrs+ Th 10/28 7-8pm KRC

General Interest (480) 350-5200

Baby Brain Boxes-The Escalante Community Center and the Tempe Public Library present this interactive, activity for parents/caregivers and children. The Brain Boxes consist of 12 individual kits: 2 for infants, 2 for babies, 2 for toddlers and 6 for pre-school children. Each box contains activities that encourage healthy brain development. Specific instructions are included. Parents/Caregivers can check out one box at a time. Numbers are limited. Parents/Caregivers are responsible for replacing all perishables, lost or damaged items. To check out a brain box, contact Nick at 480-350-5802. 14 weeks: 9/13-12/18 Fee: None.
18yrs+ T-F 11-5pm ESCA

Infant Brain Development-The Tempe Public Library presents this parent literacy training workshop. Presented in easy-to-understand terms, the class will focus on infant brain development by emphasizing the concept of the parent as the first teacher. Fee: None.
ZIFD-1D 16yrs+ W 10/13 10-11am ESCA
ZIFD-2D 16yrs+ W 12/15 10-11am ESCA

It's a Start-Are you looking for a job? Bring in your resume and we can help you to make it more effective. Call to make an appointment (480)350-5826. 14 weeks: 9/13-12/18 Fee: None
16yrs+ M-F 11am-2:30pm ESCA

Active Parenting Today-This six week video based discussion class will discuss topics such as rewards and punishment, instilling courage and self-esteem, behavior, developing responsibility and cooperation. 6 weeks: 10/18-11/22. Fee: \$15 payable to the instructor for text at first class.
ZAPT-1D 18+ M 6-7:30pm ESCA

Baby Signs Workshop 480-350-5201-Parents, prevent frustration and tantrums from your child by teaching them to communicate through sign language. Increase your child's vocabulary and learning potential. This workshop is designed for parents of infants, toddlers and parents-to-be. A \$30 supply fee is due to the instructor at the beginning of class for a Baby Signs® Parent Workbook, Sampler Video, DVD and other great Baby Signs® materials. (Parent workshop, only adults may attend.) Fee: \$26.
KBSN-1D 18yrs+ Sa 9/25 9-11:30am KRC
KBSN-2D 18yrs+ Th 10/7 6-8:30pm KRC
KBSN-3D 18yrs+ Sa 10/23 9-11:30am KRC

Chess Beginning-Learn to play this centuries-old game of strategy with Alan Anderson of Checkmate Chess Instruction. This 10 week interactive class will give you the skills you need to play and enjoy the game of Chess. Class combines interactive discussion with structured play. All materials provided including book Chess Rules for Students. This is a great opportunity to learn the game while meeting future Chess partners. *No Class 11/11,11/25. Fee: \$66.
GCHS-1D Adult Th 9/16-12/2 10:30-Noon PAC

Coupon Sense 480-350-5201-Do you spend too much at the grocery store? Would you like to learn to save 50% or more every time you shop? In this three-part class, students will (1) Learn an easy-to-use organizational system that makes couponing easy! (2) Hands on preparation for an actual shopping trip to see actual savings (coupons will be provided). (3) More advanced coupon skills will be taught in the last class as well as some online ways to save. Couponing is a great and fun way to save substantial amounts of money. \$2 supply fee due to instructor on 2nd class. Fee: \$34.
KCS1-1D 18yrs+ Th 9/16-9/30 7-8:30pm KRC

Community CPR and First Aid 480-350-5201-This American Red Cross class teaches participants how to use the Emergency Medical Service (EMS). Training includes care for breathing and cardiac emergencies (CPR) for adults, children and infants, how to care for sudden illnesses and injuries, burns; controlling bleeding and an introduction to AED use. CPR certification is valid for 1 year; First Aid is valid for 3 years. Fee: \$40.
KFA-1D 12yrs+ Sa 11/13 8:30am-5:30pm KRC
KFA-2D 12yrs+ Sa 12/4 8:30am-5:30pm KRC

Standard First Aid 480-350-5201-This American Red Cross class teaches participants how to use the Emergency Medical Service (EMS) and how to care for sudden illnesses, injuries and burns. Training includes controlling bleeding, bandaging and splinting. First Aid certification is valid for 3 years. Fee: \$26.
KFA-3D 12yrs+ Sa 11/13 1:30-4:30pm KRC
KFA-4D 12yrs+ Sa 12/4 1:30-4:30pm KRC

Dogs: Save-A-Pet-Taught by local veterinarians, class covers areas such as first aid for pet injuries or poisoning and CPR. A 'must' for all pet owners. Tips on pet care and health is also included, as well as 'hands-on' CPR with the resuscidog. Information booklet included. Fee: \$8
GVAA-1D 18yrs+ T 10/19 6:30-8:30pm UNIV

Dog Training-Socialized obedience for pet owners who don't want to be dog trainers, but want control of their dog. Training leash (6') and nylon slip collar required, no prong collars permitted. Slip collar available for purchase from instructor \$3. Dogs must be at least 5 months old and have had all shots and license. Proof required of both vaccinations and licensing at first class. Must attend all classes to be eligible for test and certificate. Fee: \$36.
GDTA-1D 18yrs+ W 9/22-11/10 6:30-7:30pm HOL
GDTA-2D 18yrs+ Sa 9/25-11/13 9-10am HOL

Homebuyer Education & Learning Program (H.E.L.P.)-If you are interested in buying your own home but feel you may not qualify, H.E.L.P. will prove to be an exciting informative program to answer your home buying questions. Receive guidance on budgeting for home purchase, shopping for a realtor, negotiating offers, shopping for a home loan, the closing process and home maintenance tips. At workshop completion, you will be eligible for a reduction in the mortgage insurance premium on an FHA-insured mortgage. Fee: None.
GHEA-1D 18yrs+ W 9/22 & 9/29 6-9:30pm PDS

French Language and Culture Level 1-A beginner's class for those who would like to learn about the country of France and the French language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art, music and more of this interesting country. Fee: \$38.
GFRN-1D 18yrs+ M 9/20-11/8 7-8pm KRC

French Language and Culture Level 2-A continuation for those who have take level 1 Fee: \$38.
GFRN-2D 18yrs+ M 9/20-11/8 8:05-9:05pm KRC

Russian Language and Culture-A beginner's class for those who would like to learn about the country of Russia and the Russian language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art and music of this fascinating country. Fee: \$38.
GRUS-1D 16yrs+ T 9/21-11/9 6:15-7:45pm KRC

Russian for Families-A parent/child class. See page 15 in youth section for details.

Spanish Level 1-Basic Spanish using common phrases and vocabulary for greetings, numbers, days, months, color, food and weather. Fee: \$38.
GSPA-1D 18yrs+ M 9/20-11/8 6-7:15pm PAC
GSPA-2D 18yrs+ M 9/20-11/8 7:30-8:45pm PAC

Spanish Level 2-Continuation of level 1. You will learn more about verbs, idioms and forming questions. Fee: \$38.
GSPA-3D 18yrs+ W 9/22-11/10 6-7:15pm KRC
GSPA-4D 18yrs+ W 9/22-11/10 7:30-8:45pm KRC

Starting a Home Based Business-Explore the opportunities available to you in working from home. You will examine 30 businesses you can be successful at from home. Learn how to price your services so you make money, low-cost marketing strategies, how to balance your business and home life and more! Janet Drez, president of A Perfect Solution, Home-Based Business Council Chairwoman and national speaker has been helping people make the successful transition from employee to entrepreneur for 14 years. Fee: \$20.
GHCA-1D 18yrs+ Sa 9/25 Noon-4pm PAC

Special Events at Kiwanis Recreation Center

6th Annual Family Campout
Saturday & Sunday, October 30 & 31, 2004
Kiwanis Recreation Center
6111 S. All America Way
480-350-5201

"Lions and Tigers and Bears, Oh My!" Share a bonfire with your family, neighbors and loved ones at the Kiwanis Park Recreation Center beginning Saturday, October 30 at 12pm through Sunday, October 31, 2004 at 12pm. There will be singing, a bonfire, games, storytelling, skits and special guest appearances from outdoor professionals to teach outdoor skills. Come join us around the campfire where singing, stories and s'mores will be plentiful. Campers will need to supply their own tents, sleeping bags, gear and food for this event. OR, you can contact Outback Outfitters at 480-985-1679 or www.outbackaz.com to rent your needed camping items. For a nominal additional fee you can add ALL your meals, snacks and beverages to make this weekend truly effort free. Make memories happen and register today!

Fee: \$12 per person regular registration OR
\$30 per person regular registration including all food, snacks and beverages
\$15 for children 12yrs and younger including all food, snacks and beverages

This program requires completion of a registration form not found in this brochure. Registration Form can be obtained at the Kiwanis Recreation Center, from Outback Outfitters, by calling 480-985-1679, or on the web at www.Outbackaz.com

The KRC Family Campout is an Outback Outfitters, Inc. production. No refunds will be available.

Activities for Adults

Friday Nite's Main Event

September 10-December 17
 Kiwanis Recreation Center
 6111 S. All America Way
 480-350-5201

Friday Nite's Main Event is an interactive youth entertainment program for 9-14 year olds. This program offers an exciting "Nite Out" for parents and their children virtually every Friday at KRC from 7 until 11 p.m. Parents simply fill out a short registration form and pay an \$8 admission fee, then they are free to go enjoy an "evening off" while their child enjoys an "evening out." Activities most weeks include a live DJ, karaoke, dance contests, basketball tournaments, body art, raffles, concessions and much more. (Additional fees for food, raffles and specialty items.) For more information please call 480-699-0163.

Family Fishing Day

Saturday, October 30, 2004
 Kiwanis Recreation Center
 6111 S. All America Way
 480-350-5201

Kiwanis Park Recreation Center wants to have your Family "hook, line & sinker" on Saturday, October 30, 2004 from 8am till 12pm. This is the perfect time to get "hooked" on fishing and spend some fun time with your loved ones. All fishing event materials will be provided to the participants. Participants will meet at 8am at Kiwanis Lake Ramadas #4 & #5. Additionally, anglers are encouraged to bring their own snacks and beverages for a family fun day at Kiwanis Lake. Fee: \$3 per person.
 KFFD-2004 8yrs+

Computer Instruction @ Escalante

Genealogy for Seniors-The Escalante Community Center and the Tempe Public Library present this informative class. Learn to access the enormous amount of genealogical information on the Internet. Tips will be given on how to make your search more successful. Basic computer skills required. Fee: None.

ZGEN-1D	50yrs+	W	10/20	9-10am	ESCA
ZGEN-2D	50yrs+	W	12/8	9-10am	ESCA

Intro to Computers-Don't let a computer intimidate you! Learn the basic mechanics of how a computer works; how to play solitaire using the computer to master the mouse; a brief week of "surfing the internet" and even how to type a letter using Microsoft Word. This is a LEVEL 1 class. Fee: \$10.

ZITR-1D	18yrs+	M	9/13-10/11	10-11am	ESCA
ZITR-2D	18yrs+	M	10/18-11/15	10-11am	ESCA

Internet and E-mail Made Easy-Are you interested in "surfing the web", how to use a search engine and send messages, electronically? This LEVEL 2 class is for you! A working knowledge of computers, the keyboard and the mouse is required for this program. The last two weeks of instruction are self-paced and include one-on-one assistance and review. Fee: \$5.

ZEME-1D	18yrs+	T	9/14-10/12	10-11am	ESCA
ZEME-2D	18yrs+	T	10/19-11/16	10-11am	ESCA

Working with Word-Learn how to create letters or documents, tables, labels and more using Microsoft Word; saving and editing included in this LEVEL 3 class. A working knowledge of computers, the keyboard and the mouse is required for this program. Session #1, 9/15-10/13 or Session #2, 10/20-11/17. Fee: \$10.

ZWRD-1D	18yrs+	W	9/15-10/13	10-11am	ESCA
ZWRD-2D	18yrs+	W	10/20-11/17	10-11am	ESCA

Excel Basics-Learn how to prepare, edit, sort, save and create formulas in a spreadsheet using Microsoft Excel in this LEVEL 4 class. A working knowledge of computers, the keyboard and the mouse is required for this program. (The class on 11/18 is a 2-hour class). Fee: \$10.

ZEBS-1D	18yrs+	Th	9/16-10/14	10-11am	ESCA
ZEBS-2D	18yrs+	Th	10/21-11/18*	10-11am	ESCA

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



It's Your Business @ the Library

To register for a business class, call 480-350-5511. For more information about these free programs call Rolf Brown at 480-350-5563 or visit our web site at <http://www.tempe.gov/library/events/yourbiz.htm>.

Creating a Positive Future-Personal coach and goals strategist, Nancy Nordstrom will help attendees realize their goals and improve their lives by finding and keeping a positive outlook. Most of our self-defeating behavior comes from within and is put in place by a negative emotional state. If one can move to a more positive emotional state many other goals can be achieved.

T	9/14	7pm	Study Room E
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Financial Planning 101-We all know the secrets of financial success: spend less than you earn; stay out of debt and build for the future. Learn about the tools for success: debt management, capital accumulation, mutual funds, tax advantaged investments and strategies to help you move ahead to achieve your potential wealth.

T	9/14	7pm	TLC
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Demystifying Real Estate for the New Home Buyer-Speakers from a real estate agency, a title company and a loan office will talk about what the first time buyer needs to do to purchase a home. Costs, time frame, credit history and numerous other details will be covered in this comprehensive program. Detailed handouts will be supplied.

T	9/21	6pm	TLC
T	10/19	6pm	TLC
T	11/9	6pm	CAC

How to Invest with Limited Funds-Financial success is not just for high income individuals. Anyone with an income can invest and grow his or her personal wealth using a wide range of financial instruments. The most difficult part is getting started. This program, presented by Jeff Cutler, a local radio show host, will explain how to get started and what to do put your funds to work for your future.

Th	9/23	7pm	TLC
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How to Pay for College Without Going Broke-Larry Misenko, an expert on college education finance, will present a free seminar on how to significantly reduce the cost of a college education. He will show how expensive out-of-state private schools need cost no more than the local public university. He will cover how to increase your financial aid eligibility and how to avoid some of the costly mistakes made when filling out the various financial aid forms.

T	9/28	7pm	TLC
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The Business of Writing-Judy Pearson, a published writer, will explain the practical aspects of earning money as a writer. Some of the topics covered include how to make your work attractive to editors, how to deal with deadlines, what kind of income can be expected and dealing with the tax man. If you've ever thought about writing for profit, then consider this program as a first step. This free seminar will be offered twice.

T	9/28	7pm	Library Conference Room
T	11/16	7pm	Library Conference Room

Smart Women Finish Rich-Rebecca Kennell and Gail Andrews will present an educational seminar providing you with seven steps to help you achieve financial security and fund your dreams. If you act upon these simple steps to improve the quality of your financial life, you will be well on your way to a fuller and richer life! Based on the best-selling book by David Bach, Broadway Books, 1999.

Th	9/30	7pm	TLC
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Placing Your Business or Organization on the World Wide Web-Dave Kelly, Webmaster for the City of Tempe, will conduct a seminar on what is needed to put a web site out on the Internet. He will discuss how to reach the widest possible audience, registering with search engines, finding a domain name and who will host your site. Security issues and cost will also be addressed.

T	10/5	7pm	Library Program Room
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Retirement Plan Distribution-You've done well and set aside one or more IRAs-but now you have to start taking distributions from these accounts. What is the best way to handle these distributions? What are the tax implications of reinvesting in another financial vehicle? This seminar looks at these and other issues facing our increasingly long-lived population.

Th	10/7	7pm	CAC
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Retirement Planning Strategies-Explore different strategies for establishing and maintaining a sound retirement plan. Examine your savings personality and how much you need to save now to meet your retirement goals. Explore the different sources of retirement income and the different types of employer sponsored retirement plans. Look at IRAs to determine whether they are right for you. And finally, this seminar helps you put all of this together so that you will have a good idea of what you want to accomplish and how you will go about attaining that goal.

T	10/12	7pm	CAC
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Mother and Daughter Basics of Investing-Teach your daughters the facts of finance! This is a beginning seminar for daughters and their parents. Rebecca Kennell and Gail Andrews will discuss financial goals and objectives, stocks, bonds and mutual funds. The presentation is interactive to take complex financial subjects and make them easy and enjoyable. This is an opportunity to empower your children with good money habits.

Th	10/14	7pm	TLC
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Goal Setting-Motivational speaker James Murphy will present a seminar about creating goals, measuring results, prioritizing and finding the self-discipline to sustain your commitment. The speaker is an experienced coach and motivational trainer who works with some of the biggest names in the field.

Th	10/21	7pm	TLC
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Activities for Adults



Self Employment Loan Fund (SELF)-Representatives from this organization will introduce their programs for training, technical assistance and access to credit for emerging, low-income business owners, especially women and minorities. SELF provides powerful tools to help you move forward with your dream of self employment and business ownership.

M	10/25	6pm	CAC
M	11/15	6pm	CAC
M	1/10	6pm	CAC

Forecasting the Arizona Economy: Tools of the Trade-An economist from Arizona State University will describe and provide access to the tools and indexes that provide detailed economic outlook data on the local economy. Retail sales and current and future areas of job growth and decline are just some of the areas where very useful information is available. The aim of this program is to provide practical decision making tools to local businesses and individuals.

T	10/26	7pm	Library Conference Room
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Mutual Fund Mechanics (under the Hood)-How does a mutual fund work? How is the portfolio of stocks, bonds and other financial instruments assembled and weighted? How does the institution make money managing these funds and are there hidden tax issues the investor should be aware of? This program, presented by Jeff Cutler, a local radio show host, will examine these and other 'under the hood' aspects of one of the most popular investment tools.

Th	10/28	7pm	TLC
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Divorce Your Spouse, Not Your Money-Are you in the process of divorce or contemplating a second marriage? Then it is time for you to take a look at your new future. Although marriage and divorce are difficult times of financial and emotional transition, this is the time be the most financially astute. Your future is up to you!

Th	11/4	7pm	Study Room E
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Five Fundamentals of Wealth Accumulation-This program will cover five fundamentals of wealth accumulation: establishing a safety net, getting started early, minimizing the impact of income taxes, risk reduction and building a portfolio which matches your needs. Presented by a financial industry professional, this is a dynamic and interesting program.

T	11/16	7pm	TLC
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Investment Professions (Under the Hood)-Considering a career in investments? This class will detail major investment professions and their requirements. Learn what investment professionals do and how they make their income, with a working example of how investment professionals work together to place and execute trades for customers. This program, presented by Jeff Cutler, a local radio show host, will examine these and other 'under the hood' aspects of one of the investment professions.

Th	11/18	7pm	TLC
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Financial Planning for New Year's Resolutions-We all make promises to ourselves and others concerning our intentions for the future. One of the most common is to start an investment program. Jeff Cutler, a local radio host and investment professional, will talk about the steps needed to turn intention into reality. Start the new year with a realistic vision of how to achieve your financial goals.

Th	12/16	7pm	TLC
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Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Computer Instruction @ the Library

To register for a computer class, call 480-350-5511. For more information about these free classes, call Rolf Brown at 480-350-5563 or visit our web site at <http://www.tempe.gov/library/events/nettrain.htm>.

Basic Computer and Internet Skills-Learn the basic skills needed to use a computer and access the Internet. This class introduces computers, how they work and how to use them. No prior knowledge is required; people who complete this class should be ready to take some of our other beginning classes. These free workshops are offered on Tuesday and Wednesday evenings at 7pm in Tempe Public Library's Gates Computer Lab while ASU classes are in session. REGISTRATION REQUIRED as space is limited-phone 480-350-5511 to register.

Using the Library Catalog and Databases-This class will explain the many powerful features in our new Library catalog, including effective searching, placing holds and manipulating your account. This program will also provide an orientation for using the many electronic databases the library subscribes to. These databases contain millions of articles on every conceivable topic and are a resource every student should be familiar with. Some of the databases the library has access to include: genealogical, auto repair and tools to help readers select books. Many of these materials are also available on your home computer. Attend this program and gain access to a world of information.

W	9/29	9am	GATES
M	10/4	7pm	GATES
W	11/10	9am	GATES

Introduction to the Web-This class, intended for Internet beginners, covers the components of a Web address, Web browsers, search engines, Internet service providers and e-mail basics. Participants will have hands-on practice in using a search engine to surf the Web and will also search the Library's Web-based online catalog. Prerequisite: Some experience in using a computer mouse. REGISTRATION REQUIRED as space is limited-phone 480-350-5511 to register.

M	9/20	7pm	GATES
W	9/22	9am	GATES
W	10/6	9am	GATES
M	11/1	7pm	GATES
M	11/22	7pm	GATES
W	12/15	9am	GATES

Intermediate Internet Topics-This class is for people who have some experience in using the Internet. Learn about the different file formats found on the Web, security issues, working offline on e-mail, downloading files and special search engine features. Participants are encouraged to bring their Internet questions to the class. Prerequisite: Previous experience in using the Internet and e-mail. REGISTRATION REQUIRED as space is limited-phone (480) 350-5511 to register.

M	9/27	7pm	GATES
W	11/3	9am	GATES
M	11/29	7pm	GATES

Individual Internet Security-This class will introduce the computer user to the basics of protecting your information and money on-line. Creating passwords, protecting against identity theft, basic encryption methods and recognizing common scams are some of the topics covered. Also covered will be what your options are if you fall victim to one of these scams. This free program is open to the public. For more information, phone Rolf Brown at (480) 350-5563. REGISTRATION REQUIRED as space is limited-phone (480) 350-5511 to register.

M	10/25	7pm	GATES
W	10/27	9am	GATES
M	12/6	7pm	GATES
W	12/8	9am	GATES

Ancestors: Genealogy on the Web-Learn how to access the enormous amount of genealogical information now available on the Internet. Tips on how to make your searches more thorough and effective will also be provided. REGISTRATION REQUIRED as space is limited-phone 480-350-5511 to register.

M	10/18	7pm	GATES
W	10/20	9am	GATES

Introduction to Online Auctions-Getting lost on Ebay? This class will show you how to find an item, how to bid on that item and various ways to pay for items on online auctions, such as Ebay, Epier or Yahoo. The instructor explains common auction terms and typical site features. REGISTRATION REQUIRED as space is limited-phone 480-350-5511 to register.

M	11/8	7pm	GATES
W	11/17	9am	GATES

Introduction to MS Word-This class is an introduction to Microsoft Word for people who have limited word processing experience. The tool bar and how to format a document will be covered. Students should be familiar with the computer mouse. REGISTRATION REQUIRED as space is limited-phone 480-350-5511 to register.

M	9/13	7pm	GATES
W	9/15	9am	GATES
W	10/13	9am	GATES
M	11/15	7pm	GATES
W	11/24	9am	GATES
M	12/13	7pm	GATES

Focus On: Microsoft Office-Come to this free-form lab to get help using Microsoft Word, Excel, Access and Power Point. Workshops are offered on Wednesday evenings at 7pm in Tempe Public Library's Computer Access Center Lab while ASU classes are in session. Call 480-350-5511 to confirm your place.

Learn @ the Library 480-350-5511

First Thursdays: Current Topics and Titles-Join us for this lively lecture and discussion series, which will meet on the first Thursday of October, November and December at 7pm. in the Tempe Learning Center. This series is made possible by ASU's Faculty Ambassadors Program and by the Friends of the Tempe Public Library. For more information about speakers and topics, phone Librarian Adrienne Bengtson at (480) 350-5566 or visit our web site at <http://www.tempe.gov/library/events/thursday.htm>. To register, phone (480) 350-5511.

Who's Your Neighbor? A Lecture Series on Cultural Awareness-This new series presented by the City of Tempe's Diversity Office is focused on learning more about who lives, works and plays in our Tempe community. The topic for this fall is: "Who's Your Neighbor? Living and working with our Physically Disabled Community Members." We will attempt to answer all the questions you may have regarding proper etiquette and ways in which you can assist when interacting with your co-workers, neighbors, friends and acquaintances who are physically disabled. Bring your own lunch to the brown-bag in downtown Tempe, or join us in the evening at the Library. Dessert will be provided at both meetings. For more information call Ginny Belousek at (480) 350-8979. No registration is required.

M	9/20	Noon	Council Chambers, downtown (brown bag session)
M	9/20	7pm	TLC



↓ Activities for Adults

Cameo Life Stories-Learn how to write your life story, one chapter at a time. Cameo Life Stories is a non-profit writing program for women, conducted in a fun, supportive weekly class. Participants reminisce, share photos and stories of their lives. Step by step you will write your way through your lifetime. No special writing talent is required - just enthusiasm! Join us for an introductory meeting to find out more at 7pm on Wednesday, September 29th in Study Room E at the Library. Subsequent meetings will be held on first and third Wednesdays through the end of the year. To register, phone (480) 350-5511.

Book Discussion Groups 480-350-5511

<http://www.tempe.gov/library/events/booktalk.htm>

Bilingual Reading and Discussion Series-Come explore the complex and colorful weave of Hispanic/American literature. This series uses literature in both English and Spanish to establish a common ground for dispelling stereotypes through discussion. Choose to read in either English or Spanish. Dr. David Foster, Regents' Professor of Spanish, Women's Studies and Interdisciplinary Humanities at ASU, leads the discussions at 7pm in the Library Conference Room. Members of the group provide their own copies of the books; for information about book availability call 480-350-5566 or visit the discussion group's web site at <http://www.tempe.gov/library/events/bilingual.htm>. This program is made possible by the Arizona Humanities Council and by the Friends of the Tempe Public Library.

9/13 *Pilgrims in Aztlan* Miguel Méndez M

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



10/4 *The Devil in Texas / El Diablo en Texas* Aristeo Brito
11/8 *Puppet: a Chicano Novella* Margarita Cota-Cardenas
12/6 *Let Their Spirits Dance / Que Bailen Sus Espíritus* Stella Pope Duarte

Book Discussion: Agents of Change-Join other interested adult readers on the second Thursday of each month in a lively book discussion. Members of the group provide their own copies of the books. The group meets at 7pm in the Library's second floor Conference Room.

8/12 *The Secret Life of Bees* Sue Monk Kidd
9/9 *American Dynasty* Kevin Phillips
10/14 *The Things They Carried* Tim O'Brien
11/11 *Fast Food Nation* Eric Schlosser
12/9 *The Monk Downstairs* Tim Farrington

Great Books-Have you been promising yourself that you'd get around to reading some really good literature and want a chance to share the experience? The Great Books group meets on the second and fourth Tuesday of each month at 7pm in the Youth Services Meeting Room. Volunteers Kathy and Don Dietz serve as discussion leaders. Participants provide their own copies of the works to be discussed. For information about book availability call 480-350-5566 or visit the discussion group's web site at <http://www.tempe.gov/library/events/grtbooks.htm>.

8/10 *The Age of Innocence* Edith Wharton
8/24 *Oresteia* Aeschylus
9/14 *Oresteia* Aeschylus
9/28 *Justine* Lawrence Durrell
10/12 *When the Elephants Dance* Tess Uriza Holthe
10/26 *When the Elephants Dance* Tess Uriza Holthe
11/9 *The Autobiography of an Ex-Colored Man* James Weldon Johnson
11/23 *The Heart of Darkness* Joseph Conrad
12/14 *The Bell* Iris Murdoch
12/28 **HOLIDAY BREAK**-We'll meet again on January 11.

Mystery Lovers Club-Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. The group meets in the Tempe Learning Center Classroom at the Library one Saturday each month from 10am to noon. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. For further information, call Kim Garza, Collection Management Librarian, at 480-350-5557, weekdays.

9/11 *Concourse* S. J. Rozan
10/16 *Eyre Affair* Jasper Fforde
11/13 *Pompeii* Robert Harris
12/11 *Concrete Desert* Jon Talton

↓ Sports Activities for Adults

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Baseball			X	
Co-Rec Soccer	X		X	
Flag Football	X			
Volleyball	X	X	X	X

Organizational meetings are a requirement for league participation and are held at the following facilities:

ESC Escalante Community Center, 2150 E. Orange Street
KRC Kiwanis Recreation Center, 6111 S. All-America Way
LIB Tempe Library Building Board Room, 3500 S. Rural Road
PYLE Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING		
League	Location-Date-Time	Season
Baseball	PAC -2/18/05, 7 PM	4/3/05 -6/5/05
Men's Basketball	PAC -12/2/04, 7 PM	1/4/05 -3/11/05
Women's Basketball	Contact the Escalante Community Center at 480-350-5800.	
Flag Football	LIB -8/18/04, 7 PM	9/21/04 -11/16/04
Co-Rec Soccer	PAC -8/3/04, 7:30 PM	9/20/04 -11/18/04
Slo-Pitch Softball Men & Women	PAC -12/7/04 7:30 PM: Men & Women 8:15 PM: Co-Recreational	2/4/05-4/11/05
Volleyball	See information this page	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Indoor Volleyball League Information Registration dates for leagues:

Residents: Aug. 23 -Sept. 10
Non-Residents: Aug. 26 -Sept. 10
League dates: 9/21/04-11/3/04
Tournament dates: 11/9/04-11/17/04

Sand Volleyball -League Dates 10/4-12/2

Sand Sports will be offering adult sand volleyball leagues this fall at Kiwanis Recreation Center. Four divisions will be offered with games played on Mondays and Thursdays. For registration information call Sand Sports at 480-921-7263 or visit them on the web at www.sandsportsvb.com



Supervised Basketball Program

The Kiwanis Recreation Center offers men and women ages 16+ years a supervised drop-in basketball session. Two courts are available. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.
NO CODE 16yrs+ Th 4:30-8pm KRC
18yrs+ Su 9-11:30am KRC

Drop-In Volleyball Program

The Kiwanis Recreation Center offers men and women ages 16+ years a supervised drop-in volleyball session. Two courts are available to all levels of play. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.
NO CODE 16yrs+ Su 1-4pm KRC

Dodge Ball Tournament 480-350-5753

-Come out and enjoy a good old fashion dodge ball game. The rules are the same, the court is the same, the ball is rebuilt. This will be an adult double elimination tournament. Open enrollment, six players per team. Registration forms are available at the Kiwanis Recreation Center and online at www.tempe.gov/pkrec/krc. Call 480-350-5753 for more information. Fee: \$40 per team.
KDBT-1D 18yrs+ T/W 9/7-9/8 6-10pm KRC

Open Gym Volleyball-Bring your friends for a fun afternoon of bumping the ball around on our indoor climate controlled court. 14 weeks: 9/11-12/18. No class 10/30. Fee: None.
16+yrs Sa 2-4:30pm ESCA